

THE GAZETTE

IMCOM-Europe's #1 Newsletter

Published for members of the Chièvres Air Base, Caserne Daumerie, SHAPE and Brussels communities

Benelux Edge

Look for the new edition in hotspots around post Feb. 1.

Black History Month

The community's Black History Month celebration is scheduled for Feb. 3 at the SHAPE Event Center at 1 p.m. Community members can display personal artifacts and memorabilia at the event by calling DSN 423-5422. Volunteers are needed to prepare food. No cost will be incurred by the volunteer. For more information, call DSN 423-4875.

Road Conditions

For the latest road conditions, weather reports and information on schoolbus hotlines, visit the USAG Benelux homepage at www.usagbenelux.eur.army.mil. Be careful when driving on icy Belgian roads. Many communes have a shortage of salt this month and can no longer clear all roads.

Training Exercise

A Belgian Army Unit will organize a military exercise in late January in the Ath, Beloeil, Bernissart, Braine-le-Comte, Brugelette, Chièvres, Enghien, Jurbise, Lens, Lessines, Mons, Saint-Ghislain, Silly and Soignies area. Eighty-nine people will deploy with twenty-two vehicles. Blank ammunitions will be used.

Table of Contents

News	1-2
Events & Happenings	3-5
Entertainment	6
Sports & Fitness.....	7
Health & Wellbeing	8-16

IMCOM: Delivering the Army Family Covenant

A message from Lt. Gen Rick Lynch

Commander, Installation Management Command

On Oct. 8, 2007, the Army unveiled the Army Family Covenant (AFC), institutionalizing the Army's commitment to providing Soldiers and Families – Active, Guard, and Reserve – a quality of life commensurate with their quality of service.

However, as I travel around the Army meeting with Soldiers and Families I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and Families.

We are delivering the Army Family Covenant with a focus on five specific areas: Standardization and funding of existing programs and



Lt. Gen. Rick Lynch, commanding general of Installation Management Command at his change of command ceremony last year.

services; increasing accessibility and quality of health care; improving Soldier and Family housing; ensuring excellence in schools, youth services and child care; and

expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include:

Continued page 8

Army Family Covenant in action

By Kevin Crouch

Special to The Gazette

ALEXANDRIA, Va. - The Army unveiled the Army Family Covenant on Oct. 8, 2007, pledging a commitment to provide Soldiers and Families a quality of life commensurate with their dedicated service and sacrifice to the nation.

The Army Family Covenant is comprised of commitments to enhance Soldier and Family readiness.

But two years after the initial signing, many Soldiers and Families are still unsure what the program is supposed to provide or the makeup of its content.

Continued page 9



Eoin Oravetz and Andre Ross couldn't keep their feet on the ground during an Exceptional Family Member Program Summer Camp held in Heidelberg, Germany.

Country music, Cowboys Cheerleaders come to Chièvres

By Kevin Downey

USAG Benelux Public Affairs

Country music star Neal McCoy is bringing the National Football League's Dallas Cowboys Cheerleaders to Chièvres Air Base Jan. 27, the first major entertainment event of 2010.

McCoy is scheduled to perform his top-charting hits against the backdrop of the cheerleaders' choreographed dance routines, as part of their USO tour through Northern Europe in support of the U.S. military.

"We do work hard, and I'm going to work until I have entertained you," he said on his official Web site. "You may be the guy in coveralls sitting in the third row who's there because his wife wanted to come ... but by the time my show is over we think you will be clapping, if nothing else, at least for the effort I put forth."

The free performance is quality fun suitable for all ages, said event organizers from U.S. Army Garrison Benelux's Morale, Welfare and Recreation Department.

"Come out, kick up your boots, have a great time," said Kim Wayland, chief

of business and recreation for MWR. "It's 90 minutes of elite entertainment. Don't miss out."

She said the Wednesday-night show ends in time to be home at a reasonable hour.

"We never turn down quality entertainment," she said. "When the USO and Armed Forces Entertainment offered us this top-notch show, we gladly accepted. The tour schedule worked out for (the performers) to be in Chièvres during the week. We welcome quality entertainment any day of the week."

Wayland added there has not been a country musician in Chièvres for several years.

The event is open to all U.S., SHAPE and NATO ID cardholders. Those with other IDs of some type should contact MWR to determine eligibility for a sign-on roster. All ages are welcome.

The Patriot will be open with full service, and there will be tables away from the action around the stage for audience members to sit down during the concert.

Start time is subject to change.

For more information, call MWR at DSN 361-5246, or civilian phone line 068-27-5246.



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19 - 30 January

- **Jazz Festival Marni Flagey** in Brussels, at the Theatre Marni on 25 Rue de Vergnies and at Flagey on Place Sainte-Croix. The area around the Place Flagey will be transformed into a dynamic and convivial jazz hub. The festival will offer the public a mix of different styles of groovy jazz. Cost is between €10 and €15 per person. For detailed program and reservation, please visit www.theatremarni.com.

23 January

- **London with SHAPE Trips and Tours.** Spend the day in London and take advantage of the January sales or take time to explore all London has to offer. Departs SHAPE at 5 a.m. and returns at 1 a.m. Jan. 24. Cost is €65.

22-24 January

- **21st Antique Arms Fair at 4000 Liège** in the former St André Church on Place du Marché, 27. Opening hours are from 6 to 9 p.m. on Friday, 10 a.m. to 5 p.m. on Saturday and Sunday. Entrance fee is €8 on Friday and €6 on Saturday and Sunday.

22-31 January

- **BRAFA - Brussels Antique Fair, at Tours & Taxis**, Avenue du Port 86 C, 1000 Brussels. Open everyday from 11 a.m. to 7 p.m. Entrance fee is €20 per person and €10 for youngsters aged between 12 and 26 years. Free for children under 12.

23-25 and 29-31 January

- **Batirama - Construction, renovation and decoration fair at Tournai**, at Tournai-Expo, on Rue du Follet at 7540 Kain. Open from 10 a.m. to 7 p.m. Entrance fee is €4 on Monday and Friday and €6 on Saturday and Sunday.

23 January

- **Transardentes 2010, Liege winter festival.** At les Halles des Foires exhibition center, Avenue Maurice-Denis 4 at 4000 Liège. In three years, the Transardentes festival has become the biggest event for electronic music in Wallonia, and the first music rally of the year. From 7 p.m. to 6 a.m. Entrance fee is €30 per person for pre-sold tickets or €37 per person on site. Visit www.lestransardentes.be for additional information and www.lestransardentes.be/2010/fr/tickets.php to book tickets online.

24 January

- **Volksmarch for 21, 12 or 6 km in Besonrieux** (La Louvière area, 35 km South-East from Chièvres). Departs from Rue Emile Vandervelde from 8 a.m. to 1 p.m. for the 21 km route and from 8 a.m. to 3 p.m. for the other routes.
- **Volksmarch for 20, 10 or 5 km in Woluwe-Saint-Lambert (Brussels area).** Departs from 90 Avenue Emile Vandervelde from 9 .m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km in Enghien.** Departs from the sports hall on 36 Chaussée de Soignies from 9 .m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km in Ronquières** (Braine-Le-Comte area). Departs from the soccer field on 32 Rue de Nivelles from 9 .m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km in Neufmaison** (Chièvres area). Departs from Le Colombier (community room) on the square from 9 .m. to 6 p.m.

29 - 31 January

- **International Racing Show and Exhibition** at 4000 Liège, at the Hall des Foires de Liège on 6 Quai de Wallonie. Open from 4 to 8 p.m. on January 29, from 10 a.m. to 8 p.m. on January 30 and from 10 a.m. to 7 p.m. on January 31. Entrance fee is €12 per adult, €10 per young between 10 and 18 and free for kids under 10.

30 January

- **Volksmarch for 50, 30, 20, 12 or 6 km** in Mons. Departs from the Waux Hall on 22 Avenue Reine Astrid from 7 to 9 a.m. for the 50 km route and from 8 a.m. to 3 p.m. for the other routes.



Visit London Jan. 23 and Feb. 27 with SHAPE Trips and Tours.

30 January – 7 February

- **Craftmen Fair at Place de l'Hôtel de Ville** (in the town hall), at 6200 Chatelet. Some forty craftsmen welcome you to show you various disciplines such as lace, church windows, mosaic, jewels, wood-turning, weaving, marquetry, and many others. A glass-blower will also be present to demonstrate this particular ancestral art. Open daily from 10 a.m. to 6 p.m. Free entrance.

31 January

- **Volksmarch for 21, 13, 7 or 4 km in Brussels.** Departs from the Homborch school on 34 Avenue d'Homborchveld from 7:30 a.m. to 3 p.m.
- **Volksmarch for 20, 10 or 5 km in Baulers** (Nivelles area). Departs from the square from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km in Ottignies** (30 km South-East from Brussels). Departs from 80 Rue de l'Invasion from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km at 6440 Froidchapelle** (70 km South-East from Chièvres). Departs from rue des Arzières (sport center) from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km at 7061 Casteau.** Departs from 184 Chaussée de Bruxelles from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km at 6120 Nalennes** (Charleroi area). Departs from rue des Fossés (Notre Maison) from 8 a.m. to 3 p.m.
- **Volksmarch for 20, 10 or 5 km at 7911 Oeudeghien** (15 km North-West from Chièvres). Departs from 1 Rue Petit Dieu from 9 a.m. to 6 p.m.

2 February

- **Chandeleur** - In Belgium, France and Switzerland, Feb. 2 is a traditional day to eat crêpes.

5 - 7 February

- **Orchidea 2010 at Drève des Shetlands, 1150 Woluwe-Saint-Pierre**, at the Centre Communautaire Joli Bois. Belgian orchids lovers organize their fourth international orchids exhibition. Open from 8 to 10 p.m. on Friday and from 10 a.m. to 6 p.m. on Saturday and Sunday. Entrance fee is €6 per person.

6 - 12 February

- **Batimons: Fair of construction and its comfort**, at Mons Expo, 2 Avenue Thomas Edison at 7000 Mons. Open from 10 a.m. to 8 p.m. from Feb. 6 to 8 and from Feb. 12 to 14.

6 - 7 February

- **Candlemas week-end at "La Grange," rue Saint-Antoine in 7061 Casteau.** Eat traditional crêpes or take part in the candlelit walk:
 - Dinner is scheduled Feb. 6 from 6 to 8:30 p.m, followed by the candlelit walk at 7:30 p.m. Price is €10 per adult and €6 per child.
 - Breakfast is scheduled Feb. 7 from 8 to 10 a.m. at a cost of €6 per person. Lunch is at noon for €10 per adult and €6 per child. A walk for 5 or 10 km is scheduled from 9 a.m. to 3 p.m. at a cost of €2 per adult. Reservations are made by emailing asbl7acasteau@hotmail.com. Stop by for crêpes without a reservation from 10.30 a.m. on Sunday.

7 February

- **Volksmarch for 20, 15, 10 or 5 km at 7940 Brugelette** (5km East from Chièvres). Departs from 3 chemin du Cadet from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km at 7030 Saint-Symphorien** (Mons area). Departs from 2A rue Clerfayt from 9 a.m. to 6 p.m.
- **Volksmarch for 20, 10 or 5 km at 1140 Genappe** (30 km South of Brussels). Departs from 14A rue de Bruxelles (Maison Galilée) from 9 a.m. to 6 p.m.
- **Discovery of the farms of Brabant at 1315 Opprebais** (30 km South-East of Brussels). Enjoy a one-day walk in the Belgian country-side. Booking required by sending an e-mail to contact@randoevasion.be. Not all guides speak English, please inquire when making a reservation. Depart at 9.30 a.m. and return at around 5 p.m. Bring lunch.

Ongoing Until

24 January

- **European Motor Show Brussels at Brussels Expo**, on Place de Belgique at 1020 Brussels. Show for light commercial, recreational vehicles and motorcycles. Open Monday to Friday from 10 a.m. to 8 p.m., Saturday and Sunday from 10 a.m. to 6:30 p.m. Late opening until 10 p.m. Jan. 18 and 22. Entrance fee is €10 per adult and €6.25 per child from 6 and 12 years of age. For additional information, visit www.febiac.be.

Sign Up Now

For any additional information on the trips listed below, please contact SHAPE Trips and Tours at DSN 423-3884 or CIV 065-44-3883.

- **Thermae Spa, February 6-7.** Enjoy a relaxing week-end retreat at the Apollo Resort Thermae 2000 in Valkenburg, Netherlands. Thermae 2000 is one of the few places in The Netherlands to experience and enjoy refreshing healthy water. Enjoy a relaxing massage, body wrap, facial or spend some time in the indoor and outdoor saunas. Departs SHAPE at 8 a.m. Saturday, and returns to SHAPE 6 p.m. Sunday.
- **Valentine's Paris overnight, February 13-14.** Spend Valentines weekend exploring the city of romance. Stroll along the Seine, go window shopping down the Champs-Élysées, see the Mona Lisa or sit in a café. Departs SHAPE at 8 a.m. on Saturday and returns at 10:30 p.m. on Sunday. Cost is €150 for a single, €100 per person for a double or twin. Children from 3 to 12 years old pay €80 and €50 for children up to two years of age when sharing accommodations with two fully paid adults.
- **Egypt, February 12-19.** Eight days and seven nights all inclusive with Nile River cruise. Escape the cold and experience this once in a lifetime trip to one of the Seven Wonders of the World. This package includes airport transfers, airfares, hotel in Cairo for two nights with breakfast and dinner included, excursions around Cairo including the Great Pyramids, six days and five nights Nile river cruise from Luxor, all meals and shore excursions included. Departs SHAPE at 11 a.m. on Friday and returns at 5 p.m. the next Friday. Cost is €1,410 Double, €1,550 Single, €1,110 children between two and 12 years of age and €220 for children up to one year. Children rates are only applicable with two full paid adults.
- **Amsterdam, February 20.** Take a ride through the winding canal lined streets on a guided bicycle tour, explore the town by boat, or visit some museums. Amsterdam is a city famed for its canals and outrageous cafes. Departs SHAPE at 6 a.m. and returns at 11 p.m. Cost is €40.
- **London, February 27.** Spend another day in the city of endless possibilities. Go to the top of the London Eye, visit Trafalgar Square, see the Tower of London, shop or spend the day walking around the city. Departs SHAPE at 5 a.m. and returns at 1 a.m. on Sunday. Cost is €65.



Christie Vanover

SHAPE Trips and Tours to Paris Feb. 13-14.



Christie Vanover

SHAPE Trips and Tours to Amsterdam Feb. 20.



Rachel Parks

SHAPE Trips and Tours to London Jan. 23 and Feb. 27.



January 21

7 p.m. SUDS Nite 18+/Pandorum (R)

January 22

7 p.m. Where the Wild Things Are (PG)

9:45 p.m. The Stepfather (PG-13)

January 23

4 p.m. Where the Wild Things Are (PG)

7 p.m. The Stepfather (PG-13)

9:45 p.m. Cirque du Freak: Vampire's Assistant (PG-13)

January 24

3 p.m. Where the Wild Things Are (PG)

5:30 p.m. Cirque du Freak: Vampire's Assistant (PG-13)

Pandorum - Starring Dennis Quaid, Ben Foster

★★★ Two astronauts awoken in a hyper-sleep chamber aboard a seemingly abandoned spacecraft. It's pitch black, they are disoriented, and the only sound is a low rumble and creak from the belly of the ship. They can't remember anything: Who are they? What is their mission? Slowly the spacecraft's shocking, deadly secrets are revealed...and the astronauts find their own survival is more important than they could ever have imagined. Rated R (strong horror violence and language) 138 min.

Where the Wild Things Are - Starring Max Records, Benicio Del Toro

★★★ Misunderstood at home and at school, mischievous Max escapes to a land populated by majestic, and sometimes fierce, creatures known as the Wild Things. The Wild Things allow Max to become their leader, and he promises to create a kingdom where everyone will be happy. However, Max soon finds that being the king is not easy, and that his relationships with the Wild Things are much more complicated than he originally thought. Rated PG (mild thematic elements, adventure action, brief language) 94 min.

The Stepfather - Starring Penn Badgley, Dylan Walsh

★★★ When Michael Harding returns home from military school, he discovers that his mother has a new man named David in her life. Though David makes Michael's mother very happy, Michael cannot seem to shake feelings of distrust. He becomes increasingly suspicious of David, and wonders if the man's pleasant exterior hides a sinister side. Rated PG-13 (intense sequences of violence, disturbing images, mature thematic material and brief sensuality) 141 min.

Cirque du Freak: Vampire's Assistant - Starring Starring John C. Reilly, Josh Hutcherson

★★★ Sixteen-year-old Darren was like most kids in his suburban neighborhood. He hung out with his best friend Steve, got decent grades and usually stayed out of trouble. But when he and his buddy stumble upon a traveling freak show, things begin to change inside Darren. That's the exact moment when a vampire named Larten Crepsley turns him into something, well, bloodthirsty. Newly undead, he joins the Cirque Du Freak, a touring sideshow filled with monstrous creatures from a snakeboy and a wolfman to a bearded lady and a gigantic barker. Rated PG-13 (intense supernatural violence/action, disturbing images, thematic elements, language) 137 min.

Reviews are based on an average compilation of published critiques.

Entertainment

Movies in English All Across Belgium

Cinemas across Belgium show a variety of movies in English. To find a movie in a nearby theater, visit

www.google.com/movies

Type in the city and country and click search. Look for English movies that are subtitled in French, not the ones dubbed in French.

Theaters Near Brussels

Arenberg
Actor's Studio
Kinopolis Brussels
Imagibraine
Stockel
Styx
UGC De Brouckere
UGC Toison D'or
Vendome

Theaters Near Chièvres

Plaza Art
Imagix Mons

Fitness classes

Chièvres Air Base	M	T	W	T	F
Spinning	■		■		■
Pilates		■			
Yoga (1)			■		■
Yoga (2)		■	■	■	
Booty Camp				■	

Spinning 11:30 a.m. to 12:30 p.m. on Mondays and 9:30 to 10:30 a.m. on Wednesdays and Fridays. Bring water. Free.

Pilates 9:30 to 10:30 a.m. Bring water. Free.

Yoga (1) 12:15 to 1 p.m., Bldg. 20013 on Daumerie Caserne. Free.

Yoga (2) 6:15 to 7:15 p.m. on Tuesdays, Wednesdays and Thursdays. Free.

Booty Camp 9:30 to 10:30 a.m. Bring water. Free. For more information, call 361-5643.

The Chièvres Fitness Center

Open weekdays from 6 a.m. to 9 p.m.

Weekends and U.S. Holidays from 9 a.m. to 5 p.m.

SHAPE Main Gym	M	T	W	T	F	S
Circuit Training	■		■		■	

Circuit Training 12:30 to 1:30 p.m. Free. For more details call 423-5325

SHAPE Main Gym Annex

Open weekdays from 6:05 a.m. to 8 p.m.

Weekends and SHAPE holidays from 10 a.m. to 3:30 p.m.

USAG Brussels	M	T	W	T	F	S
Yoga	■		■		■	
Spinning	■			■		
Body Pump		■				■
Strong Women		■		■		
Step Aerobics			■		■	

Yoga 10 to 11 a.m. Free.

Spinning 6 to 7 p.m. Free.

Body Pump 6 to 7 p.m. Sat. 9:30 to 10:30 a.m. Free.

Strong Women 12:15 to 1 p.m. Free.

Step Aerobics 6 to 7 p.m. Free.

For more details call 02-717-9667

USAG Brussels Fitness Center

Open weekdays from 5 a.m. to 8 p.m.

Weekends from 9 a.m. to 4 p.m.

Open U.S. Holidays from 7 a.m. to 5 p.m.



Army file photo

Paintball on Chièvres Air Base

Play games like Capture the Flag, Storm the Castle, Protect the VIP from noon to 4 p.m. Jan. 23 The price is \$25 per person and includes four hours of play and all equipment. All levels of skill and ability may play. For additional information, call DSN 361-6268/5643 or civilian 068-27-6268/5643. Coming soon is a completely new, outdoor paintball course.

Spring Baseball and Soccer

CYSS registration for the Spring baseball and soccer seasons is Feb. 1 through March 12. Fee is \$36. Sign-up at Central Enrollment Registration. Call DSN 423-5856 or civilian 065-44-5856 for more information.

Volunteers needed at Chièvres Fitness Center

The Chièvres Fitness Center is in need of certified instructors to teach fitness classes. For additional information or to volunteer, please call DSN 361-5643 or CIV 068-27-5643.

SHAPE High School Basketball

Games are scheduled Jan. 23 from 11 a.m. to 5 p.m. at the SHAPE main gym.

Did we do it right?

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Your positive input tells us which programs are worth fighting for.

www.usagbenelux.eur.army.mil

Click on ICE

IMCOM: Delivering the Family Covenant *continued*

- Standardized Army community staffing and programs at all garrisons;
- Added 1,079 Family Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders;

- Funded Exceptional Family Member respite care providing up to 40 hours of care per month for Families;
- Increased primary care visits to more than 7 million people, meeting access standards for 90% of acute, routine and specialty appointments;

- Authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their Family members and lowered the co-payment;
- Funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09;

- Introduced the First Sergeants Barracks Ini-



Lt. Gen. Rick Lynch, commander of Installation Management Command, speaks at the Army Family Action Plan conference.

tiative to enhance single Soldier quality of life;

- Reduced financial burden on Army Families by eliminating CYSS registration fees and reducing program fees;

- Collaborated with more than 373 school districts to support military connected students transferring to new school districts;

- Increased placement of military spouses through the

Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do.

I am dedicated to deliver on the Army leadership's promise to continue to provide the

best care and quality of life possible to Soldiers and their Families. Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive.

We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things.

Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge.

Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our Nation.

Together we are making history.

Benelux garrisons offer free tax assistance starting Feb. 2

By USAREUR Public Affairs
Special to The Gazette

Tax assistance centers across U.S. Army garrisons in Europe will open by the beginning of February to offer free tax preparation and filing assistance to US Army in Europe personnel.

Active, reserve component and retired Soldiers, Department of Defense civilians and their family members can use the free tax preparation services.

Every tax preparer at these locations is certified to prepare taxes by the IRS Volunteer Income Tax Assistance Program and works under the supervision of an attorney.

The tax centers will remain open through June.

For more information about local tax centers, eligible patrons should contact their garrison legal assistance office or tax center.

Contact information for each garrison is listed below:

Brussels, Belgium

DSN: 423-4906

Commercial: (32) 65-44-4906

Mons, Belgium

DSN: 423-4906

Commercial: (32) 65-44-4906



Tax centers on U.S. Army garrisons throughout Europe gear up to provide free tax preparation and e-filing services for beneficiaries starting Feb. 2.

Army Family Covenant programs in action *continued*

Overall, the Army's Family and Morale, Welfare, and Recreation Command is the organization charged with developing MWR policy, plans, strategies and standards; supporting Army commanders to implement Family and MWR programs; and operating assigned MWR activities.

The Family Programs directorate within FMWRC is responsible for developing all Family programs and services within the Army.

Military Families are resilient, said FMWRC officials; however, they require assistance to help them meet their needs.

The Covenant's commitment enhances that resiliency by providing support, training, care and social interaction opportunities through an established and resourced infrastructure. The result? Delivering quality programs and services in a consistent and seamless manner.

"The Army Family Covenant has brought greater awareness of Families and recognition of their service and sacrifice," said Lynn McCollum, director of FMWRC Family Programs. "Families tell us we have great programs; there was no need to create new programs, only to fully fund and staff existing programs consistently.

"We have expanded our budget over the previous two years to significantly improve the existing Family programs, pay for these improvements in service and increase the number of people who directly support execution of these services," McCollum said. "A great example is respite care for Families with exceptional needs. For the first time, this program has been fully funded."

A major tenet of the Covenant is a commitment to standardize Family programs and services throughout the service. One example: implementing Army Community Service staffing and programs at installations worldwide, resulting in the fully funding of 477 positions needed to meet operational and staffing shortfalls.



Christie Vanover

Timothy Zitterich explores his new surroundings as he learns basic motor skills at the ACS-sponsored New Parent Support Group.

"The Army, through the Covenant, has developed numerous programs that are specifically targeted to improve our quality of support and service," McCollum said. "One area where we have invested much time and resources is the ArmyOneSource.com Web site, which provides a single access point to programs and services for Families on Army installations and for those people who are geographically (separated) from a post."

Another notable service the Army has implemented since that 2007 signing: the establishment of Survivor Outreach Services, which is a standardized, decentralized approach to improving support for survivors of fallen Soldiers. It recognized the need to develop survivor support coordinators and financial counselors to improve outreach, referrals, life skills, investment education and estate planning.

Also developed and implemented through the Covenant was the addition of nearly 1,100 Family readiness support assistants within Family Readiness Groups, which are normally

comprised of Soldiers' spouses from within battalion- or brigade-sized units who meet to discuss and resolve issues affecting Families such organizations.

To support Soldiers and Families during the deployment and return cycle, the Army has increased the number of Military Family Life Consultants working directly with Army Community Service, National Guard Headquarters and Reserve Regional Commands. These consultants help Families during reintegration, provide outreach to Guard and Reserve Families, and respond to specific requests for support when there has been a unit death or injury.

"We want to ensure every Family is provided the resources they need to make them more resilient through difficult or stressful times in their lives," McCollum said. "The Army Family Covenant promises this support. Soldiers and Families deserve the very best and we continually strive to be the conduit that provides the Family programs and services to fulfill that promise."

Spotlight Environment: Say no to junkmail

By Marion Guihard

Special to the Gazette










Christmas time and the traditional sales period that follows can be a nightmare for one's wallet - and for mailboxes.

This time of year mailboxes overflow with unsolicited advertisements that are likely to end up directly in the sorting box without a glance.

Up to 80 pounds of junk mail per resident circulates each year, totaling 50,000 tons of wasted paper in Wallonia.

There is a solution to reduce this waste: the "No Ad," or "Stop Pub," sticker developed by Belgian authorities. The sticker works for all printed documents that do not mention name and addresses.

Depending on the sticker affixed on the mailbox, it is possible to receive some junk mail, none or all of it.

No commercials No local free press			
No commercials Yes to local free press			
Yes to commercials No to local free press			
Yes to advertisements and local press	No sticker		

The Commune newspaper (information regarding events occurring in the commune) is not considered free press. It will still arrive in the mailbox.

Free stickers can be obtained from a variety of places:

- Local bakeries
- Housing Division, at SHAPE
- Environmental Division, at Chievres Air Base
- On the internet
 - Wallonia: <http://stoppub.wallonie.be>
 - Brussels: by e-mail through the IBGE Web site: <http://www.ibgebim.be/>
 - Flanders: by e-mail to sticker@ovam.be.

In the meantime, the best way to dispose of the junkmail already in the mailbox is to use the local Belgian recycling system. All communes have curb-side collection services for junk mail (paper and cardboard wastestream), other recyclable material and regular trash.

Community members residing off-post in government quarters can pick up specific recycling bags at the Self Help Store on post at no cost.

Those residing in non-military housing must purchase special trash and recycling bags in each commune, however, bags from recycling are cheaper than bags for normal trash.

For more information, contact the U.S. Army Garrison Benelux's Environmental Division at DSN 361-5906.

Marion Guihard is an environmental scientist assigned to the Environmental Division of U.S. Army Garrison Benelux Department of Public Works.

Postal survey is chance to improve service

By Installation Management Command-Europe public affairs

Special to the Gazette

HEIDELBERG, Germany - Installation Management Command-Europe is hosting an online postal survey through Feb. 15 to give Army in Europe Postal Service Center customers an opportunity to tell IMCOM-E how Postal Service Centers can better meet their needs.

"As we continue to transform into Postal Service Centers in our communities throughout Europe, it's important we use customer input and feedback as a cornerstone," said Monique Bagby, IMCOM-Europe Postal Transformation Office project manager. "This survey helps us do just that. The survey will give our postal customers a voice to ensure our PSCs meet the needs of our customers."

The survey, which kicked off Jan. 14 for authorized postal service center customers, lets customers weigh in on issues directly impacting customer satisfaction, such as operating hours, said Bagby.

The online survey, which will take only a few minutes



to complete, is the most efficient and user-friendly way to reach out to the more than 70,000 authorized postal customers theater-wide, explained Bagby.

Customers will be asked questions directly addressing what days and hours best meet their needs, and customers will also be asked to provide feedback about their postal experiences.

Data collected during the survey will be analyzed and then used to determine standard days and hours

of operation, as well as opportunities to improve other aspects of PSC services, said Bagby.

Anyone currently authorized to use postal facilities, such as Soldiers, U.S. retirees, civilian employees, contractors and their Family members may take the survey.

"We want to hear from postal customers. The survey will be our customer's direct line of communication to provide recommendations for how our new PSCs can provide the best ser-

vice possible," said Bagby. Our goal is to provide our more than 70,000 valued customers with exceptional service at our Postal Service Centers theater-wide."

To thank customers for participating in the survey, Postal Transformation officials said the Edelweiss Lodge and Resort in Garmisch-Partenkirchen, Germany, will offer a multi-night stay at the resort to a selected survey participant.

Details about the giveaway will be available upon accessing the survey site. After completing the survey, participants will be able to follow a link to the Edelweiss entry site.

Individuals with questions about the survey or their Postal Service Center should contact their community postmaster.

Take the Survey

The survey can be found online at:

www.milmail.org

Brussels kicks off Youth of the Year competition

Staff Reports

Teens from the USAG Brussels community are invited to compete for the local Youth of the Year title.

Through the Child, Youth, and School Services program affiliation with the Boys & Girls Club of America, teens registered with CYSS are eligible to participate in this program.

The title recognizes outstanding contributions to a member's family, school, community and Boys & Girls Club, as well as personal challenges and obstacles overcome.

The USAG Brussels Youth of the Year will have many leadership opportunities, including representing the

youth voice of the garrison. Additionally, this is a way to stand out in the college application process.

Interested candidates must complete an official nomination form describing their contributions within CYSS and the community.

A CYSS staff member will be available to assist all

eligible candidates in the preparation of the nomination forms.

Completed nomination forms must be submitted by Feb. 12.

For additional information, contact the CYSS facility director at DSN 368-9830 or commercial 02-717-9830.

Exceptional Family Member Program

Army Community Service's Exceptional Family Member Education and Support Group is scheduled to meet Jan. 26 from noon to 1 p.m. in Bldg. 318 on SHAPE. This month's topic is an introduction to DoD Special Needs Parent Tool Kit. For more information and to register, contact ACS at DSN 423-5324 or commercial 065-44-5324.

Quilting classes

Learn to quilt at the SHAPE Activity Center/Library. A local quilter offers a variety of classes from beginner to advanced for 12 euro per session. Learn where to buy fabrics in Belgium, how to create basic patchwork or more advanced techniques like appliqué. Quilters can also show off their work at the upcoming Spring Patchwork Exhibition. For a schedule of classes, visit www.romipatch.com. Open quilting sessions are Thursdays from 6 to 8:30 p.m. and Fridays from 9:30 a.m. to noon.

ADHD Resource Group

Join the ADHD Resource Group Jan. 19 from noon to 1 p.m. at the Army Community Service Bldg. 318 on SHAPE. For more information and to register, call ACS at 423-5324 or 065-44-5324.

Self Help Store closure

The Chièvres DPW Self Help Store is closed Saturdays until April 3. The Self Help Store is open 8 a.m. to noon and 12:30 to 4 p.m. Monday to Friday.

Scout used-book sale in Brussels

The Scout Used-Book Sale at NATO will be held on Jan. 29 from 8 a.m. to 3 p.m. in the ING Foyer of NATO HQ. A wide variety of books and bake sale items are available for a reasonable price. Books in English can be donated to the U.S. Delegation, US Mission to NATO, or the US Army Garrison Brussels Library before Jan. 29 to be used in the sale.

Alcoholics Anonymous

The English speaking SHAPE AA Group meets weekly at the SHAPE International Chapel, Bldg. 601, Room 51, on Wednesday from 7 to 8:30 p.m. and Friday from noon to 1 p.m. Members support one another's 12-Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcomed to attend. For recorded message with telephone contact numbers, call 049-405-8137. For English speaking meetings in Brussels and throughout Europe see www.aa-europe.net. For more information, contact DSN 423-2474 or civilian 065-44-2474.

FORCE PROTECTION

SECURITY TIPS

- Do not discuss sensitive information in public places
- Ensure all family members know and have emergency phone numbers readily available
- Maintain a low profile and do not advertise your military affiliation.
- Avoid any areas where there are demonstrations or protests.
- Keep outside doors locked, even when you are inside
- Remain vigilant at all times

Report suspicious activities to your chain of command or the MP Desk

USAG BENELUX ANTITERRORISM OFFICE | DSN 361-5173



Soldiers complete Global Assessment tool to assess mental and emotional health

By Staff Sgt. Patricia Deal
Special to the Gazette

HEIDELBERG, Germany – As the new year starts, many U.S. Army Europe Soldiers are spending more time in the gym to improve their physical health.

They will also need to spend some time on their computers to improve their mental and emotional health.

USAREUR Soldiers are required to complete the on-line Global Assessment Tool, one component of the Army's Comprehensive Soldier Fitness program that was established in October 2008 as a proactive way to help Soldiers deal with the stress of military service in an era of persistent conflict.

The GAT, an online survey developed by subject matter experts from U.S. military and civilian universities, contains a series of questions focusing on the four dimensions of emotional, spiritual, social, and family fitness.

The GAT was adapted from a civilian program designed for teachers that was reworked to meet the experiences and needs of the military community.

It is not a diagnostic tool, but rather a way for a person to visualize performance growth based on changes in training, experience and maturity, according to CSF program officials.

The GAT provides immediate results that allow Soldiers to identify their own personal strengths and weaknesses. The individual's results are linked to Comprehensive Resilience Modules that provide tools to help that individual enhance his or her resilience skills in each of the four dimensions.

"The GAT is very important as a first step in the CSF program," said Jessie Massey, USAREUR deputy chief of medical operations and CSF coordinator. "It gives Soldiers self-awareness as to their mental and emotional health, and offers ways to strengthen or improve areas. Soldiers



The Global Assessment Tool contains a series of questions focusing on the four dimensions of emotional, spiritual, social, and family fitness.

will take the GAT again after a period of time so they can gauge their mental and emotional health fitness and continue training to improve their resilience."

Currently, only Soldiers are required to take the GAT but soon Family members will have the opportunity to take it, as well as Army civilian employees, according to program officials.

"Teaching Soldiers and civilian employees is critical, but the Family members represent the third leg of this strategic triangle. Any program that does not include them misses the mark by a wide margin," Massey said.

Massey said the GAT is individualized and confidential. "The only information that commanders can see is whether or not the Soldier took the GAT. No one else can access anyone else's results," he said. "The GAT is designed purely for the individual's

benefit. The whole premise behind CSF is to strengthen each individual Soldier, thereby making the entire force stronger."

Soldiers can take the Global Assessment Tool at (AKO login required): <https://www.sft.army.mil>

For more information on the Comprehensive Soldier Fitness program, visit the website at <http://www.army.mil/csf/index.html>

What is CSF?

The program, based on 30-plus years of scientific study and results, uses individual assessments, tailored virtual training, classroom training and embedded resilience experts to provide the critical skills our Soldiers, Family members and Army Civilians need. For more information, visit the website at www.army.mil/csf.

Haiti financial relief scam information

Staff reports

The recent disaster in Haiti has created an target rich environment for scam artists and identity thieves.

Service members and their family members should be alert to the possibility of financial scams associated with this crisis.

Service members and families wishing to donate to relief efforts are encouraged to do so through established reputable relief organizations such as American Red Cross, UNICEF, or The Clinton Bush Haiti Fund. Service members and families should NOT respond to requests for donations or information through unsolicited e-mails or messages on social networks.

ACS Financial Readiness is holding a class on how to identify and protect yourself from scams Jan. 21 in the conference room of Bldg. 318 on SHAPE from noon to 1 p.m. To register for this session or schedule a class on this topic for your organization, contact ACS at DSN 423-5324.



Cis Spook

USAG Benelux- Belgian army partnership

From left to right: Mike Laney, USAG Benelux government relations advisor; John Paugh, Chièvres Garrison manager; Lt. Col. Keith Forsyth, USAG Benelux director of emergency services and Inspector Philippe Rousseau from the SHAPE Federal Police met during the Belgian Military Headquarters New Year's breakfast. The breakfast was hosted by Col. Philippe Misson, Military Commander of Hainaut Province and attended by local military as well as civilian authorities. Misson recalled the highlights of the past year during which the Belgian military command provided comfort to needy people, took care of water supplies during the flooding in the La Louvière area and participated in numerous commemorative ceremonies celebrating the 65th anniversary of the liberation of Belgium. The main challenge for this new year will be the planning and execution of a huge exercise in Hainaut province during the month of October.

Health & Wellbeing

GEAR UP!

FOR WINTER EXCURSIONS






PRACTICE COLD WEATHER DRIVING

- During daylight, rehearse maneuvers slowly on the ice or snow in an empty lot
- Steer into a skid
- Know what your brakes will do: stomp on anti-lock brakes, pump non-anti-lock brakes
- Stopping distances are longer on water-covered ice and ice
- Don't idle for a long time with the windows up or in an enclosed space




ARMY SAFE IS ARMY STRONG



From Your Chièvres MWR

19 January

- **Change Your World** – ACS Volunteer Corps offers information for potential volunteers. Volunteering is a great way to help others and to work in your community. It can also be a part of your career path and help you get into the career you want. Three sessions will be conducted from 9 a.m. to 10 a.m., 1 to 2 p.m. and 5 to 6 p.m. at ACS in Bldg. 318 on SHAPE. Call ACS for more information at DSN 423-8243.
- **Play Morning** sponsored by ACS New Parent Support Program. Meets 9:30 to 11:30 a.m. at the Prime Time Grill on Caserne Daumerie. Parents and their children (0-3 years) play together in a group setting. The program teaches parents developmentally appropriate play to help children improve their social, cognitive and motor skills. Another benefit of Play Morning is the friendships that form among parents and children. No pre-registration is required. Open to all U.S., SHAPE and NATO ID cardholders. Call ACS at DSN 423-5324 or CIV 065-44-5324 for additional information.
- **Coffee Connection** - Join us for a cup of coffee, friendly conversation and find out more about living in Belgium. Class is offered for newcomers from 10:30 to 11:30 a.m. in the Chièvres Army Lodge Breakfast Room.
- **The Patriot**, in the Chièvres Community Recreation Center (CRC), is open from 5 to 8 p.m.

20 January

- **Overseas Breast-Feeding Support Group** - All expectant mothers, breastfeeding or formerly breastfeeding mothers are invited to attend a monthly support group. Advantages of breastfeeding, adjusting to a newborn and overcoming difficulties are topics commonly discussed. Certified Lactation Counselors are here to help. This group is co-sponsored by WIC Overseas, ACS New Parent Support Program and the SHAPE Healthcare Facility. Monthly meetings are at 11 a.m. in the first floor Social Work Services Conference Room. Call WIC Overseas for more information at CIV 065-44-5971 or DSN 423-5971.
- **The Patriot**, in the Chièvres Community Recreation Center (CRC), is open from 5 to 8 p.m.

21 January

- **Infant Massage Class** is co-sponsored by WIC Overseas, ACS New Parent Support Program, EDIS and the SHAPE Healthcare Facility. Learn soothing and stress relieving techniques from certified instructors. Massage helps mom and baby relax, bond, relieve stress and boost the immune system. Learn techniques that will help babies sleep better, have an easier time feeding and help with digestion. Expectant mothers and mothers with newborns and up are welcome. Mats and oils are provided - no pre-registration is required. Open to all U.S., NATO and SHAPE ID cardholders. Meet every Thursday from 11 a.m. to noon at the Healthcare Facility in the EDIS Playroom on SHAPE. Call ACS DSN 423-5324 or civilian 065-44-5324 for more information.
- **Welcome Everyone to Belgium** offered by the ACS Relocation Program. Learn what it is like to live in Belgium and how to make the most of your tour. If you are new to Belgium or want to learn more, join ACS for some fun tours and practical information. Open to all U.S. ID cardholders. Meet from 9 a.m. to 4 p.m. at Bldg. 318 on SHAPE. Pre-registration is required. Call ACS at DSN 423-5324 to register.
- **Top 10 Scams of 2009** - Find out what scams and sales tactics were the most prevalent in 2009 and what you should be on the look out for to keep from getting scammed. Open to all U.S. ID cardholders. Meet from noon to 1 p.m. at ACS Training Room, Bldg. 318. Call ACS to register at DSN 423-5324.
- **The Patriot**, in the Chièvres Community Recreation Center (CRC), is open from 5 to 8 p.m.

22 January

- **Welcome Everyone to Belgium** offered by the ACS Relocation Program. This is day two of the program where you will learn how to take the train. Take a field trip to Brussels and visit a warehouse and to the Grand' Place. Meet at Bldg. 318 on SHAPE. Class is from 8 a.m. to 4 p.m. Pre-registration is required. Open to all U.S. ID cardholders. Call ACS to register at DSN 423-5324.
- **The Patriot**, in the Chièvres Community Recreation Center (CRC), is open from 5 to 8 p.m..

24 January

- **The Patriot**, in the Chièvres Community Recreation Center (CRC), is open from 5 to 8 p.m.

Name that Tune - Jan 29

CYSS Family game night at the Youth Center Ballroom from 6:30 to 10 p.m. Four members per team required. Dinner will be provided for teams and audience. Open to both middle school and high school. Call 065-44-5610.

From Your Brussels MWR

19 January

- **ACS Newcomers' Briefing** in the ACS conference room in Bldg. 4 from 8:45 a.m. to 2 p.m. Call 02-717-9729 for more information.
- **Brussels Library Book Club** meets from 10 a.m. to noon. Discussion will be on "Three Cups of Tea" by Greg Mortenson. Call 02-717-9791 for more information.
- **ACS Toddler Play Group** - Group meets every Tuesday and Friday in the SKIES Room from 10 a.m. to noon. For more information call 02-717-9721.
- **ACS Employment Workshops** every Tuesday in the ACS Conference Room. "Finding Employment In Brussels" from 10 a.m. to noon. "Hands On Resume Workshop" from 2 to 4 p.m. For more information, call 02-717-9735

19-21 January

- **ACS Transition Assistance Program** in Bldg. 2, conference room from 9 a.m. to 4:30 p.m. Call 02-717-9735 for more information.

20 January

- **Children's Story Time** in the Brussels Library from 1 to 2 p.m. Open to children of all ages who love to hear stories. Call 02-717-9791 for more information.

21 January

- **Martin Luther King, Jr. Day of Service at the CYSS.** The CYS Services is hosting a "Hearts for Heroes" day. Drop by the center anytime during the day from 8 a.m. to 6 p.m. and make a Valentine's Day card for our troops deployed around the world. For additional information, contact the CYSS facility director at DSN 368-9830 or civilian 02-717-9830.

22 January

- **ACS Toddler Play Group** - Group meets every Tuesday and Friday in the SKIES Room from 10 a.m. to noon. For more information call 02-717-9721.
- **Winter Vehicle Check-Up.** Is your car winter ready? For only \$35 our skilled Auto Craft Shop mechanic will make sure your car is ready for safe winter driving. Appointments available every Friday by calling 02-717-9743.
- **Metro Madness** - The easiest way to travel in the Brussels Capital Region is to use the public transportation system. Meeting place is at USAG Brussels ACS in Bldg. 4 at 9:25 a.m. Learn how to use the bus, the pre-metro and the tram in Brussels. Metro Madness will give you practical information as you venture out as a group to try the different modes of transportation in the European Capital. Call DSN 368-9783 or 02-717-9783 for more information.

Stop the Spread of Germs

Tell your health care provider immediately if you have any of these symptoms:
fever, headache, tiredness, dry cough, sore throat, nasal congestion or body aches

If Asked, Wear a Mask



- ▶ Secure ties behind head or place elastic bands behind ears
- ▶ Fit flexible band at top of mask to bridge of nose
- ▶ Fit mask snug to face and below chin